



San Elijo Lagoon CONSERVANCY
Connecting communities. Protecting nature.

FOR RELEASE—January 12, 2017

Attention Editors: Community Events; North County; Families; Arts & Entertainment

A New Year Embracing Fitness, Discovery, Culture at San Elijo Lagoon

From Winter Birding to Photography Contest—Fun for All Ages

Solana Beach — With a guiding eye, naturalists can point out who the little peeping birds are that flock at the shoreline in a Low Tide Tour. Wings Over Wetlands Family Discovery Day spotlights the long journeys of birds through interactive events. These discoveries, and more, are part of a new lineup of winter tours and events, presented by San Elijo Lagoon Conservancy. Everyone can explore the outdoors through fitness, nature discovery, and arts and culture. Here's a preview of early 2017:

#loveyourlagoon Photo Contest

Now through March 31

How do you love your lagoon? Adult and youth photographers are encouraged to enter the #loveyourlagoon Photo Contest, sponsored by San Elijo Lagoon Conservancy, in partnership with MiraCosta College. Photo contest is open to all ages and levels (smartphone selfies included) and is under way now through March 31. Capture and submit those vibrant moments that express San Elijo Lagoon's natural landscapes, plants, animals, and your personal interactions.

Wings Over Wetlands

Sunday, January 22: 10 am-3 pm

Celebrate the arrival of our feathered friends during the winter bird migration at San Elijo Lagoon. Kids can meet live birds brought by Zovargo. Face painting, and interactive crafts and exhibits will reveal the diversity of birds' talons, beaks, wingspans and feathers. Conservancy naturalists will have spotting scopes along the salt marsh loop trail, with excellent birding views. It's a festival for families to feel inspired about bird migrations and how to recognize common birds. Co-presented by San Elijo Lagoon Conservancy & County of San Diego rangers.
Free. All ages.

Lagoon Fun Run

Sunday, February 12: 9-11 am

Love to run trails? Doug Gibson is the Conservancy's executive director—and an expert trail runner. Gibson is leading a Conservancy *Love your Lagoon Fun Run* pre-Valentine's Day weekend. Runners can choose a distance with 3-mile and 5-mile options. At the end, inspiration is sweetened with Valentine treats.

Ages 13+ Members \$5 | Public \$10



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Low Tide Visitors Tour

Saturday, February 18: 10 am-12 pm

Explore shorebirds in the mudflats—Willet, Whimbrel, and Marbled Godwit. At low tide the mud is exposed, leaving a feast of small creatures for birds and mammals. The lagoon is an important stopover along the Pacific Flyway migration route for birds to rest and refuel between breeding and wintering areas.

Members \$5 | Public \$10

Wildflowers Workshop

Saturdays, Begins March 4

Want to know more about local flora? Plant lovers can learn how to identify wildflower family relationships, and discover the natural quirks of these often cryptic plants. The Wildflowers Workshop meets 1st and 3rd Saturdays, beginning March 4 through May 20. Classroom and field tours will enhance knowledge and fascination of local flowering plants at San Elijo Lagoon, and is led by conservancy board member and emeritus biological oceanographer, Dr. Elizabeth Venrick.

Members \$60 | Public \$90

View Calendar & Registration Details: SanElijo.org/Events

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San Elijo Lagoon Conservancy is the nonprofit land trust for San Elijo Lagoon Ecological Reserve, now celebrating its 30th Anniversary. The Conservancy's VISION is a world where biodiversity is preserved and people act to conserve nature and embrace it as central to a healthy community.

Its MISSION is to protect and restore the resources of San Elijo Lagoon Ecological Reserve, its watershed, and related ecosystems for the benefit of current and future generations.

Note to Editors: Additional images online at SanElijo.org/NewsReleases